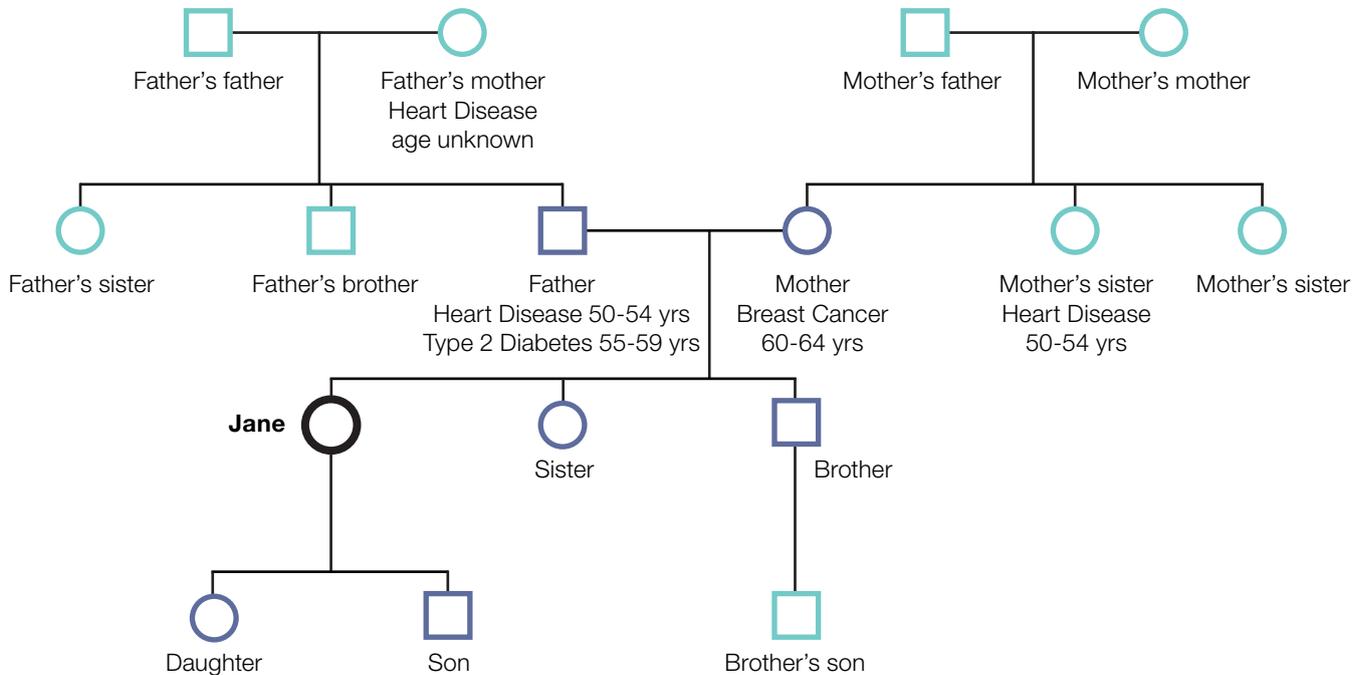


How to Use the Families SHARE Risk Algorithm

The Family Health History Tree below is about a woman named Jane and her family. All of the information is made up. Follow her steps to see how she finds her risk of heart disease.

- The people in blue are Jane's first-degree relatives.
- The people in green are Jane's second-degree relatives.



Having heart disease and type 2 diabetes in her family can affect Jane's risk of heart disease. Let's see how she would use her Family Health History Tree to find her risk.

How many of your first-degree relatives listed to the right have been diagnosed with heart disease OR type 2 diabetes?

- Mother
- Father
- Sister(s)
- Brother(s)
- Daughter(s)
- Son(s)

Enter total number

1

Is the answer 1 or more?
(Circle yes or no)

yes no

How many of your second-degree relatives listed to the right have been diagnosed with heart disease OR type 2 diabetes?

- Grandmother(s)
- Grandfather(s)
- Aunt(s)
- Uncle(s)
- Niece(s)
- Nephew(s)

Enter total number

2

Is the answer 2 or more?
(Circle yes or no)

yes no

If the answer is yes to either of these questions, you have an increased risk of heart disease.